

## ABSTRACT OF THE DISCLOSURE

An abdominal exercise device comprising a semi-rigid member, an upper member and a lower member is disclosed. The upper member and the lower member couple to the semi-rigid member, the upper member and lower member can be securely or detachably attachable to the semi-rigid member while the lower member can have pivoting capabilities. Feedback may be provided in a visual as well as a physical form to allow a user to determine whether the device is properly being used and optimal results are being achieved while performing the exercises.

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